



SEMPER GUMBY, or Always Flexible, is a take on the Marine Corps motto, Semper Fidelis (Always Faithful). Intended as a joke about the constantly changing dynamics of life in the military, **SEMPER GUMBY** is rooted in science. Flexible people adapt easier and experience less anxiety and frustration. So the next time the plan changes and then changes again, **SEMPER GUMBY** for your psychological health.

#MilPsychJargon